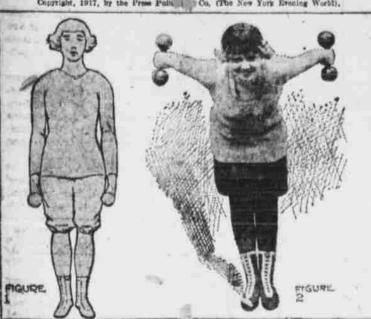
Evening World Daily Magazine

For Physical Preparedness U. S. Army Exercises Posed by Pauline Furlong

The Evening World Publishes These Exercises to Help Ali Men and Women Pre, re 'or Any Call to Service.



SECOND SET-Dunib-Bell Exercise No. 8.

is not fair to expect wanderful results toward physical perfection through following a few minutes' indifferent practice of some exercises once in awhile, and nothing in life is gained in this manner.

To-day's exercise for the chest and shoulders is practiced as follows: Stand effectly, arms extended at sides, heels together, as shown in figure one. Bring the arms up and back and bend the body slightly at the waist line as you do so, as shown in large picture. Force the shoulder blades to meet in the back as the body comes forward. Count one, two, and repeat ten times. A good idea for readers is to take an entire week of these exerclass and practice each set of six a certain number of times until five or ten minutes has been allowed for them. Practice six shown last week and one new one this week and so on. In this way you will have mastered the one shown each day and be ready for it next week.

Answers to Health and beauty Questions.

"SUMIK"-TERESE T.: "Sumik"

MARCONI-K. H.: Fat persons, Freckles are beneath the surface of trying to lose weight must not eat the skin and therefore not easy to trying to lose weight must not eat remove. They may macaroni but gluten—ncodies may be siderably, however. cuten with tomatoes and not cheese.

"SUMIK"—TERESE T.: "Sumfk"
VIEVE B.: Brush diluted white of
come on the hair and then hold the
evallops or "dips" in place with the
ringers until they are dry, which will
be but a few minutes.

"SUMIK"—TERESE T.: "Sumfk"
is beaten sour milk and is nourishing.
easy to digest and fattening. Let the
milk stand until it is thick and then
beat it with an egg beater until frothy.

EXCESSIVE PERSPIRATION —

BRAN BREAD—MRS. L. F.: Bran bread is really not fattening and is a splendid remedy for constipation. Of course, it is easy to eat enough oran or any other bread to cause the weight to increase. Only dark breads should be eaten by all persons and sparingly by fat ones.

EXCESSIVE PERSPIRATION — MRS. H. G.: Bathe the parts each day with soap and water and apply some of the following mixture: Alcohol, one pint; salicylle acid, two drams.

AMOUNT OF SUGAR TO EAT—MRS. J. K. G.: This deposit of the parts of the p

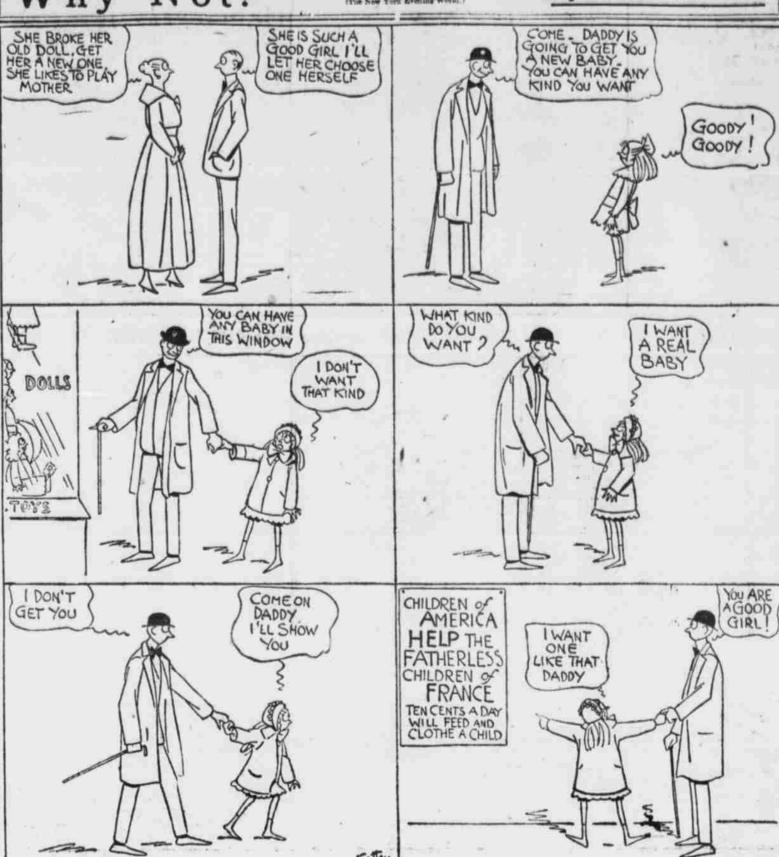
should be eaten by all persons and sparingly by fat ones.

LIQUID VISELINE—MRS. T. E. W.: Yes, this will make the hair glossy and also keep the scalp clean, but if you are not too fat your appetite should be the guide.

CHAPPED HANDS AND ARMS—MES, WALTER E.: Always dry the hands well and keep them covered with rubber gloves when they are in water. Always wear gloves in the street. Rub the hands often with the following: (Ilycerine, one party rose.)

Why Not?

By Maurice Ketten



The Evening World's Kiddie Klub Korner Conducted by Eleanor Schorer

Outdoorland Bob and Bess Visit a Swordfish.

atar was t win king high in the sky when Bob and Bess arrived at the place where Bombus promised to meet them, Sir Professor was all smiles as he greeted them and said: "I have an exciting Mory to tell to you this evening. The land you come from it soldiers that are parading up and down the streets

the children. To their surpriss, could see deep down into the ocean.

"Look at that." Dob exclaimed. And Bess anw a huge swordfish swim smoothly through the water to the surface. "The swordfish sometimes grow to be is feet long," said flombus, turning to the children, "and this particular species has, as you see, a derail fin that is high and can be spread out like a sail. When he swims fast it folds downward on the swims fast it folds downward on the swims fast it folds downward on the swims grow to be feet like least resistance going through the water, but when his life is not exciting and Mr. Swordfish is taking it easy, the fin is erect and projects out of the water. Look! he has stopped swimming and is floating on the surface. See, how by the aid of the fin, he can sail before the wind like a boat." I know a sea captaito," said Bessie, "who used to capture them at night when they were sailing like this, Mr. Bombus, and he showed me the harpoon he used. That is the only way you can cantable," said Bessie, "who used to capture them at night when they were sailing like this, Mr. Bombus, and he showed me the harpoon he used. That is the only way you can cantable," said Bessie, "who used to capture them at night when they were sailing like this, Mr. Bombus, and he showed me the harpoon he used. That is the only way you can cantable," said Bessie, "who used to capture them at night when they were sailing like this, Mr. Bombus, and he showed me the harpoon he used. That is the only way you can cantable," said Bessie, "who used the captal told me." Str. For every two SUNDAY WORLDS. ONE CENT.

Or ONE CE

"It is known that they will fight whales and sharks, and when they become very excitable attack ocean-going vessels, but they come to grief with a steamer, for their sword is almost always broken off and resident street. Bone Office, No. 105 West One Hundred and Twenty-fifth Street.

Broad Office, No. 110 East One Hundred and Street, and Street, No. 110 East One Hundred and Street, No. 110 East One Hundred and Street. almost always broken off and re-mains in the wood. You see, children,

By Joseph A. Altsheler



"THE SWORDFISH SOMETIMES GROW TO BE FIFTEEN FEET LONG," SAID BOMBUS.

with guns and awords. Den't you remember how you while they have tremendous strangt

with guns and swords. Den't you remember how you admired the captain with his saining sword? Now for a surprise. How mainy Kiddle Cousins know that out in the deep blue ocean there is a fish that carries a sword?"

"Oht" cried Bob, "I did. He is called a swordish." Bess never said a word, but looked at lieb and Sir Professor's tale and kept their syes continually fastened on the swordish until the cool breeze sweeping over the ocean with great, astonished cyts. Bombus waved his hand and let the children were in a stanch motor-boat riding the high, rolling waves. "How wonderful," said Bess. "Why, it is just like the ocean where I spent my vacation last summer."

Bombus waved his hand again and the children, to their surprise, could see deep down into the ocean.

"Look at that," Bob exclaimed. And "Look at that," Bob exclaimed.

Breckiya Office. No. 817 Fulton Street.

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Model thoroughly, let rise into a load, thoroughly, let rise into a load, and shall the found of a low but heavy and massive place in a pan of standard size, ellow the rise into a load, and sale, ellow the rise of interest event in the rest of the sealing, and the rout of a low but heavy and massive place in a pan of standard size, ellow the rise of interest event in the rest of the sealing, and the rout of a low but heavy and massive place in a pan of standard size, ellow the rise of interest de St. Maur, and I think you made the sealing matter. The cambel of the seal which the sealing matter than the load of the common and size, and the sealing matter than the rest of the rest of

A Soldier of Manhattan

In Which an American Helps the King's Men to Take Canada

MACH POURS POUR PRINTED TO THE CORNEL BY JOSEPH A. Althrelies and the printing print